



## RSVP helps put some life in your years

by Pat **BROWN**  
Davis County RSVP

How do you envision your life when you are in your 90s? Odds are that it's not the way Joye Boman envisioned hers. At 92 years old, Joye keeps herself active, connected to her community as a volunteer with RSVP (Retired & Senior Volunteer Program). And she wouldn't have it any other way.

For the past 14 years, starting at age 78, Joye set aside two days a week for serving the Bountiful community. Each Tuesday her warm smile and cheerful "Good morning" has welcomed patrons at the Golden Years Senior Activity Center and every Thursday she has provided compassionate assistance to patients and their families at Lakeview Hospital. The sum of her time donated equates to more than 5,000 hours of service.

Joye credits her older sister with setting her on this road of volunteerism. When Joye's husband, Ray, passed away in 2005, her sister advised her "You can stay home and cry for a week or two, but then you've got to get involved with living again." Her sister had begun volunteering when her own husband had passed and counseled Joye that it would help her get through the hardest days. Joye heeded that advice and shortly thereafter walked into Golden Years Senior Activity Center and signed on as a volunteer. The following week



**RSVP VOLUNTEER JOYE BOMAN** poses for a photo at Lakeview Hospital. Joye started volunteering at 78 years old and continues to serve the Bountiful community at age 92.

PHOTO BY PAT BROWN, DAVIS COUNTY RSVP

she enrolled with Lakeview Hospital as well. She acknowledges it was the best advice she could have received.

She's loved every day she has spent volunteering. She did decide, just a couple of weeks ago, to give up her volunteer post at Golden Years so she can sleep in a little. She didn't stay away

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## Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, May 15, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)
- Wednesday, June 12, 6:30-7:30 p.m. – Centerville Library (45 S. 400 W., Centerville)

For more information about the Medicare 101 classes, call 801-525-5050 option 5.

## Events in May

**Central Davis Senior Activity Center**  
81 East Center Street, Kaysville (801-444-2290)

**M/W/F** - EnhanceFitness 9:30 a.m.

- Bingo 10:15 a.m.

**T/TH** - Tai Chi 9:30 a.m.

**W/F** - Ceramics noon

**3** - Cinco de Mayo lunch 11 a.m.

**9** - Food pantry noon

**17** - Vietnam Memorial Wall guided tour in Layton (sign-up required) 12:15 p.m.

**23** - Trip to the Butterfly Biosphere at Thanksgiving Point (sign-up required) 10 a.m.

**27** - Closed for Memorial Day

**31** - Birthday lunch with entertainment by Golden Years Jazz Band noon

**South Davis Senior Activity Center**  
726 South 100 East, Bountiful (801-451-3660)

**M/W/F** - EnhanceFitness 8 a.m.

**M/W** - Bingo 12:30 p.m.

**7** - Greatest Showman presented by Up with Kids 12:30 p.m.

**8** - Legal Consultation (by appointment)

**9** - Blood pressure check 10:30 a.m.

**10** - Shred event 9 a.m.

**16** - Shopping at Smith's 12:15 p.m.

**21** - Book club 12:30 p.m.

**22** - Famous Larsen Band 11:15 a.m.

**27** - Closed for Memorial Day

**31** - Birthday party 11 a.m.

**North Davis Senior Activity Center**  
42 South State Street, Clearfield (801-525-5080)

**M/W/F** - Texas Hold 'Em Poker noon

- Bingo 12:30 p.m.

**T/Th** - Tai Chi for Arthritis & Fall Prevention 10:15 a.m.

**W** - Technology lab - help with cell phones, tablets, laptops, etc. 10 a.m.

**F** - Craft & Chat 10:15 a.m.

**2** - Attorney (by appointment)

**3** - "A Day at the Races" movie, snacks, and fun noon

**6** - Hoarding: How to make the most progress with a hoarder 10:45 a.m.

**7** - Shopping at Walmart 12:30 p.m.

**8** - Blood Pressure Clinic at 10:30 a.m.

**8/22** - Cards for a cause 10 a.m.

**13** - Book club 10:15 a.m.

**21** - Shopping at Winco 12:30 p.m.

**24** - Meet with Senior Services Director Kristy Cottrell 10-11:30 a.m.

**27** - Closed for Memorial Day

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)



# Feeling out of joint: *The aches of arthritis*

by National Institutes of Health (NIH)  
U.S. Department of Health and Human  
Services

*Note: This is the first of a two-part article on arthritis. This month's article covers osteoarthritis.*

Many people start to feel pain and stiffness in their joints as they get older, often when they're 45 to 50. It's called arthritis, and it's one of the most common diseases nationwide. You may think it's a disease of old age, but arthritis can affect young adults and even children. In recent years, scientists have made rapid progress in understanding the many causes of arthritis. They've also made significant strides in developing effective new treatments for many forms of the disease.

What exactly is arthritis? "Arthr" means joint, and "itis" means inflammation – heat, swelling, and redness. But the inflammation of arthritis isn't always something you can see.

"Some types of arthritis are very inflammatory and others aren't as much. But they all involve an element of inflammation," explains Dr. Joanne M. Jordan of the University of North Carolina at Chapel Hill.

Arthritis comes in many forms. In fact, there are more than 100 types, each with its own symptoms and treatments.



The most common form of arthritis is osteoarthritis.

Osteoarthritis occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away. It most often affects the fingers, knees, and hips.

Osteoarthritis can follow injury to a joint. For example, years after a soccer injury to a knee, you might get osteoarthritis in the knee. Once you've had a severe joint injury, it's important to be careful about what kind of

activities you do.

"You should be active because, ironically, being active can help prevent disease," says Dr. David Felson of Boston University. "But try not to be active in ways that can make your joint vulnerable to injury again."

For the most part, researchers don't know a lot about how and why osteoarthritis occurs. Women tend to get it more often than men. You tend to get it as you get older.

"Many factors that affect osteoarthritis are things you can't control, like

how old you are and what gender you are," Felson says.

Jordan estimates that up to 30 percent to 60 percent of your risk for osteoarthritis may lie in the genes you inherited from your parents. "The tricky part, though, is that it's not a single gene," says Jordan. "It's a lot of different genes that interact with each other and with the environment to cause the disease."

But some risk factors are under your control, including your weight. "Even moderately overweight people have an increase in knee osteoarthritis," says Felson.

Many treatments are available for osteoarthritis. Talk to your doctor about exercises that can help and activities you should avoid. Several pain and anti-inflammatory medicines are available by prescription or over the counter.

Perhaps the most promising treatments for osteoarthritis right now, Felson says, involve ways to block pain. Researchers are working on other approaches as well, including exercise routines and devices that alter the alignment of your joints. For severe cases of osteoarthritis, scientists have developed improved surgeries to replace knees and hips.

*Next month's arthritis article covers gout and rheumatoid arthritis.*

## RSVP

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too long, however, as she continues to go in a couple of times a week to play bridge and pinochle with the friends she's made at the center.

When asked to share

the secret of her positive outlook and remarkable energy, Joye said, "Being active keeps you young. I love being around people and I love being busy."

Besides her volunteer service, she enjoys doing yard work, reading novels and historical books, and spending time with her

family. Even at age 92, she looks forward to their annual family trip to Lake Powell where she adores spending time on a houseboat and swimming in the lake's beautiful blue waters.

If you are 55 years old or greater, have some time on your hands, and

are looking for a way to get active and engaged in your community, please contact Davis County RSVP.

In addition to the Davis County's three

senior activity centers and both Lakeview and Davis Hospitals, RSVP offers volunteer placement in more than 60 volunteer positions at 37 locations throughout the county.

RSVP can help you put some life in your years. Contact RSVP today for more information at 801-525-5052 or [pbrown@daviscountyutah.gov](mailto:pbrown@daviscountyutah.gov).

## Golden Years now named South Davis

by Kristy **COTTRELL**  
DCHD Senior Services Director

South Davis is the new name for the Davis County senior activity center, formerly known as Golden Years, in Bountiful. The telephone number for the center remains 801-451-3660.

Davis County Health Department's Senior Services operates three senior activity centers in the county: North

Davis in Clearfield, Central Davis in Kaysville, and South Davis in Bountiful.

Adults age 60 and older enjoy weekday lunch while socializing with new and long-time friends at these three locations. Activity centers also provide opportunities for older adults to engage in recreational, educational, cultural programming activities, and important volunteer opportunities, including Meals on Wheels.

### Senior Homecare by Angels

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